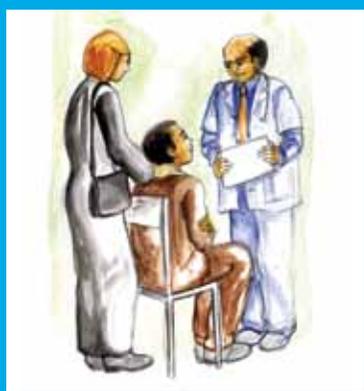


In Safe Hands



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Other learning packs with readers available:

'As Fit as a Fiddle' about general cancer.

'Ahmed's Health Scare' about smoking cessation.

'Zenith Goes to the Clinic' about breast screening.

'Better to be Safe Than Sorry' about cervical screening.

'Hilary's Under the Weather' about getting the right treatment.

'The Morning After' about alcohol awareness.

'Jon Loses Weight' about weight management.

'Zaynab's Narrow Escape' about lung cancer.

'Faisal Gets the All Clear' about bowel cancer

The Bromley by Bow Centre is a registered charity, number 1041653

A health reader for Entry 2
ESOL students

Written by Linda Haslam
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Designed by Sparrow

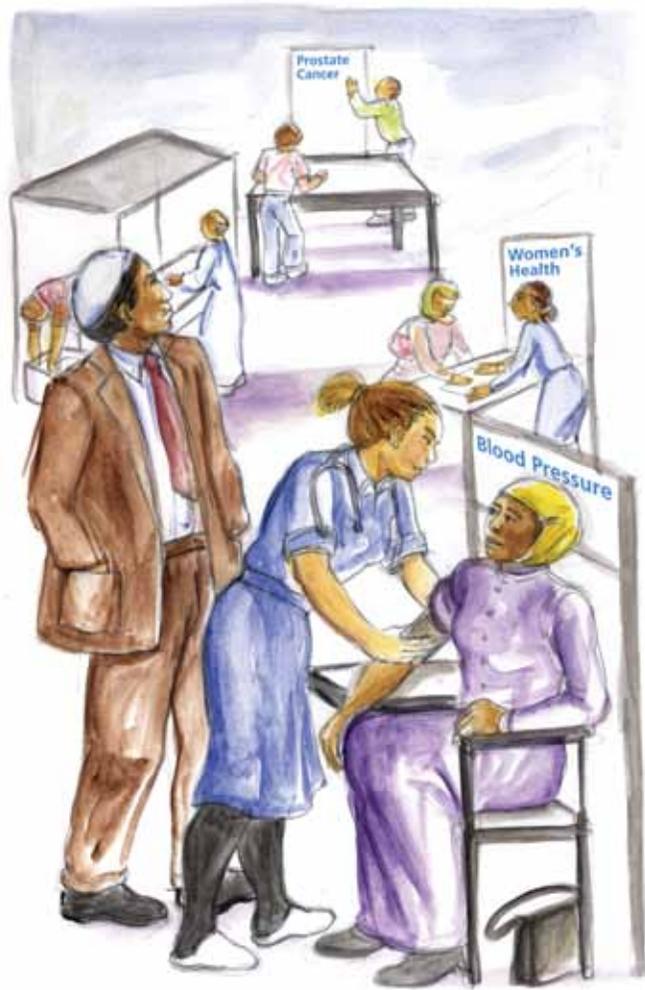
Prostate cancer is one of the top four cancers. In the UK, about 37,000 men are diagnosed with it each year and over 10,000 die. Most cases of prostate cancer occur in men over the age of 65, with more than half diagnosed in men over the age of 70.

Prostate cancer can take as long as 15 years to develop. It is treatable if caught early enough. However, in its early stages, there are often no symptoms. This makes it extremely important to report any symptoms to your doctor as soon as you notice them.

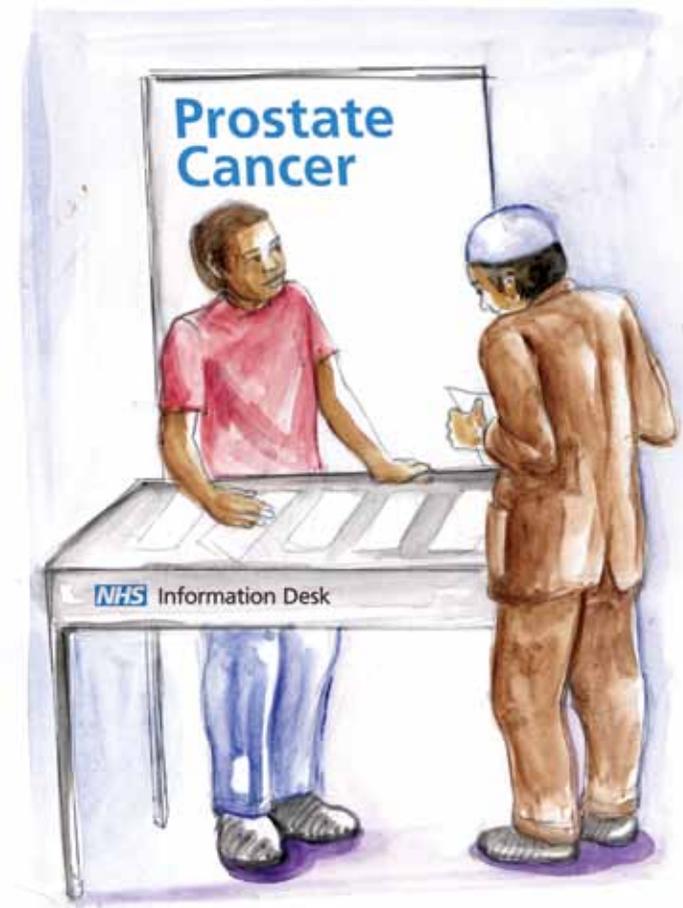
If you are worried about any symptoms, see your GP as soon as possible or ring NHS Direct on [0845 4647](tel:08454647). Also, you can check your symptoms by visiting www.nhsdirect.nhs.uk



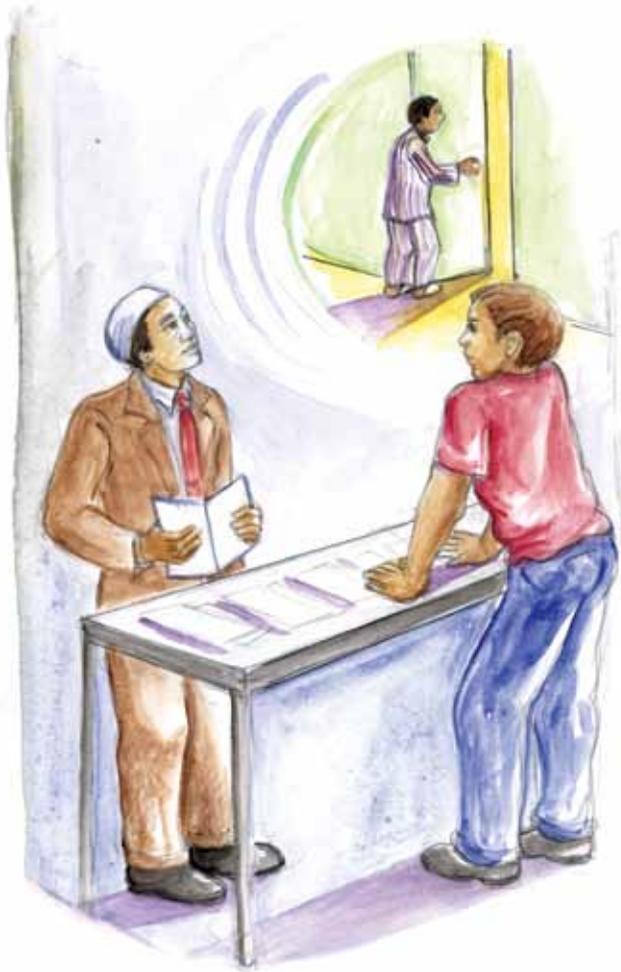
Rafiq is 68 years old. He is retired and lives with his wife Nadia. One day, Nadia shows him a leaflet for a Health Information Day at their local community centre. “Shall we go along?” she says.



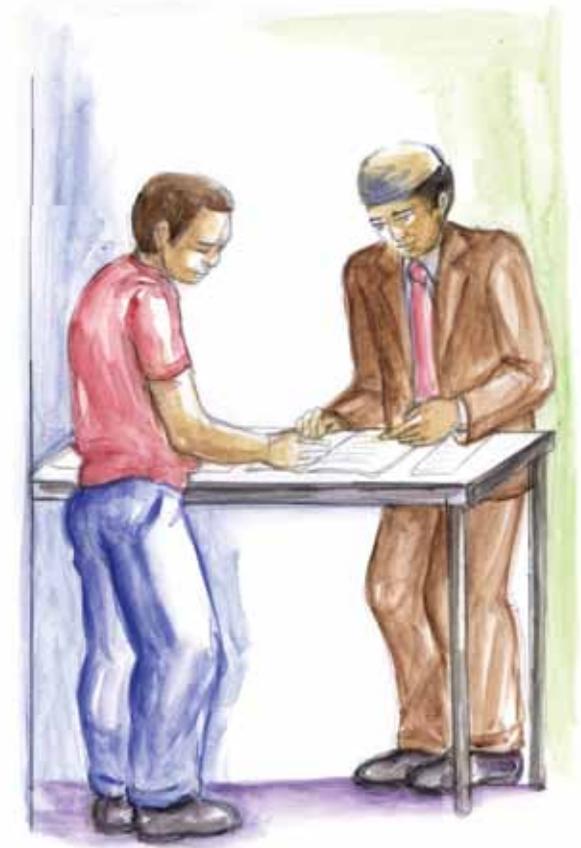
Rafiq and Nadia arrive at the Health Information Day. There are lots of stalls set up and it is very busy. Nadia decides to take advantage of the free blood pressure testing and Rafiq starts to look around.



At the men's health stall, Rafiq picks up a leaflet and starts to read. "Do you need to urinate a lot, have difficulty starting to go, take a long time to finish or have to get up more than once in the night? If so, you may need to get your prostate checked."



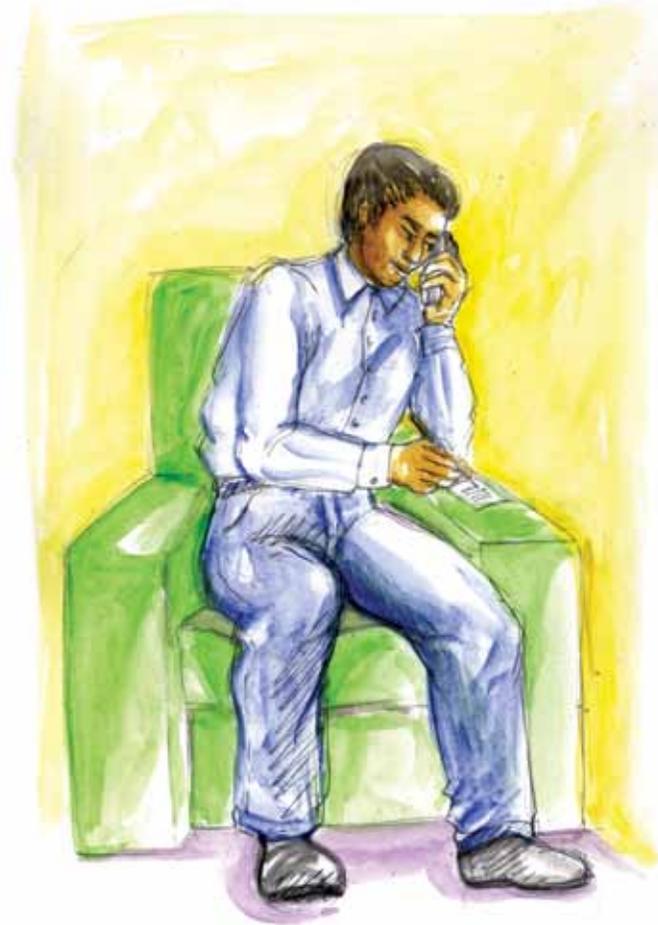
Rafiq looks worried. "I do that," he thinks, nodding to himself. "I have to get up several times a night to go to the toilet. I didn't think it was a problem. Perhaps I should go and have a check-up at the doctor's."



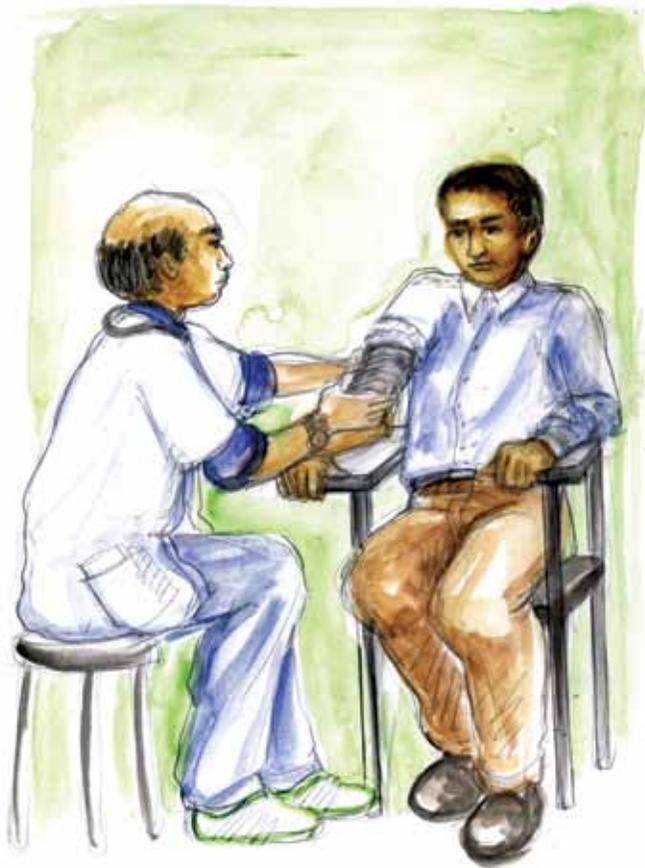
"Do you need any help?" asks the man on the stall. "I'm a bit worried because I go to the toilet several times a night," says Rafiq, pointing at the leaflet. "It's important to get that checked," says the man. "There are a number of causes but your doctor needs to check it's not cancer."



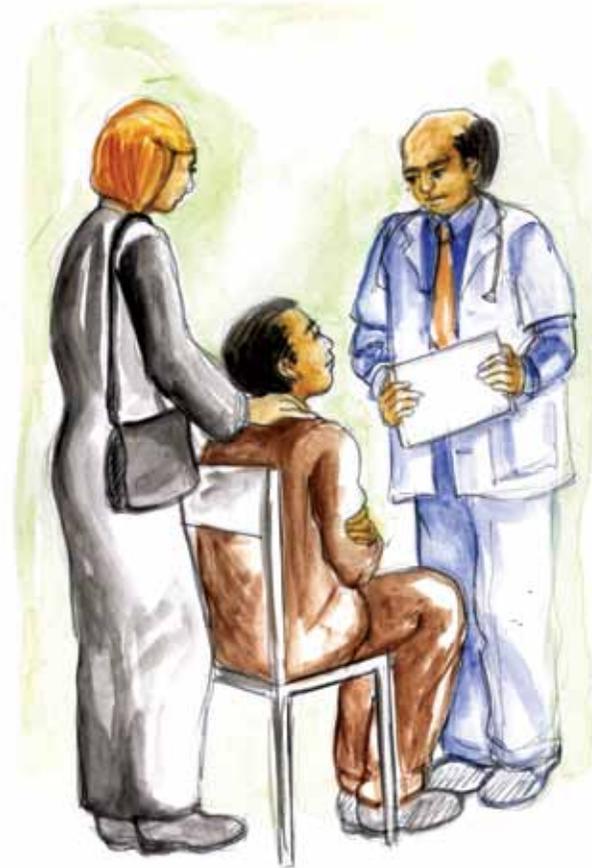
When they get home, Nadia makes a cup of tea. "You look a bit worried," she says. "You know how I've been getting up a lot at night? I think I need to go to the doctor's for a check-up," he says.



Rafiq decides to go and see his GP. "Hello, I'd like to make an appointment to see Dr Khan, please." "Can you come on Wednesday morning at 11.30?" says the receptionist. "That's fine," says Rafiq. "I'll see you then. Thanks very much. Goodbye."



Dr Khan asks a series of questions. "How old are you Rafiq? You're Bengali aren't you? Do you have a family history of cancer?" Rafiq answers his questions. "I need to do 2 things," says Dr Khan. "You need to have a PSA blood test and a digital rectal examination."



Rafiq goes back to the surgery to get the results of the blood test. "I'm afraid the results are not clear," says Dr Khan. "Because of your age, I don't want to take any chances so I'm going to make an appointment for you to see a consultant at the hospital. You'll be seen within 2 weeks."



Rafiq is surprised at how quickly he gets an appointment. Nadia comes with Rafiq to the hospital and waits for him in the waiting room. "Your prostate is enlarged," says the consultant after examining Rafiq. "We need to do an ultrasound test and a biopsy to find out why."



Rafiq returns to the hospital to get the results of the tests. "It's very good that you came to see me quickly," says the consultant. "If cancer is caught early, it can be cured. The results show you have a benign tumour, it's not cancer, but we do need to remove it."



Rafiq feels very relieved it's not cancer. He wants to get the surgery over and done with, so he can enjoy a good night's sleep.

"I'm so glad you went to the doctor's and had the tests done at the hospital," says Nadia. "You'll be better in no time.

You're in safe hands now."

Comprehension Questions

1. Why does Rafiq go to see the doctor?

.....

2. What tests does the doctor do?

.....

3. What does the consultant discover?

.....

4. Why does Rafiq need surgery?

.....

5. Does Rafiq have prostate cancer?

.....

Dialogue at the Doctor's

- ☞ Hello, Mr Bose. How are you?
- ☞ Not too bad thank you. I'm a bit worried because I have to keep getting up in the night to go to the toilet.
- ☞ How long has this been going on?
- ☞ Oh, for about 2 months now.
- ☞ Have you noticed any blood in your urine?
- ☞ No, I can't say I have.
- ☞ I need to examine you to check your prostate.
- ☞ Where is my prostate?
- ☞ Your prostate is right next to the bladder. It might be enlarged.
- ☞ Will the examination be painful?
- ☞ It might be a bit uncomfortable, but not painful.

Glossary

- benign** unlikely to cause death, not cancer
- biopsy** the removal and examination of tissue from the body
- cancer** a serious disease of the cells of the body
- consultant** a doctor with special training and knowledge of an area of medicine
- cured** to be better from an illness
- digital rectal examination (DRE)** an examination that checks to see if the prostate is larger than normal
- prostate** an organ found inside a man's body near the bladder
- PSA test** a blood test that looks for a raised PSA (Prostate Specific Antigen) level
- retired** to have stopped working
- stalls** tables used to display things like leaflets or items for sale
- tumour** a lump of cells
- ultrasound** using sound waves to examine the inside of the body
- urinate** to pass urine from the body

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East London and the City

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